

**CHILD AND ADULT CARE FOOD PROGRAM  
(CACFP)  
ANNUAL PROVIDER TRAINING**

**What is the purpose of the CACFP?**

The main goal of the CACFP is to improve the health and nutrition of children. The program achieves this goal by reimbursing child care providers for nutritious meals served to children in child care settings. Additionally, child care providers are given updated nutritional education information in order for them to provide children with nutritious meals.

Outlined below is an overview of 'Creditable Foods' as they apply to participation in the CACFP. ***Creditable foods are those foods that may be counted toward meeting the requirements for a reimburseable meal.***

The following factors are considered when determining whether a food is credible:

- Nutrition content.
- Function in a meal.
- Regulations governing the child nutrition programs (on quality requirements and/or by

definition).

- FDA Standards of Identity.
- USDA Standards for meat and meat products.
- Administrative policy decisions on the crediting of particular foods.

Noncreditable or other foods are not creditable toward the meal pattern. Noncreditable foods do not meet the requirements for any component in the meal pattern. However, non-creditable foods may supply calories, which help meet the energy needs of participants and may contribute additional protein, vitamins and minerals. They can be used to supplement the required meal components, to improved acceptability and to satisfy appetites.

USDA reimburses child care centers and family day care home sponsors participating in the CACFP for the meals served, not for individual foods. A meal is reimburseable if it contains foods in amounts required by the meal pattern for the specific age group. Meals that contain foods in addition to all components specified in the meal pattern are also reimbursable.

Meeting the Meal Pattern Requirements:

A meal component can consist of one or more creditable foods. For lunches or dinners served to children ages 3 through 5 years old:

- At least  $\frac{1}{4}$  ounce of meat/meat alternate must be served to count toward the 1.5 ounce of meat or meat alternative required.
- At least  $\frac{1}{8}$  cup of fruit or vegetable must be served to count toward the  $\frac{1}{2}$  cup of fruit and/or vegetable requirement. Any amount less than  $\frac{1}{8}$  is considered a garnish.

- At least  $\frac{1}{4}$  slice of bread or its equivalent must be provided to count toward the  $\frac{1}{2}$  slice equivalent grains/breads requirement.
- A full serving of milk must be served to count toward the  $\frac{3}{4}$  cup fluid milk requirement.

### **Portion Sizes:**

Consider the serving size of menu items when planning meals to meet the meal pattern. A small amount of food can often satisfy a young child's appetite.

Some foods will meet the meal pattern requirements only when very large serving sizes are provided. When large serving sizes are needed, serve a smaller portion and supplement with another food from the same component. For example, instead of serving 3-tablespoons of peanut butter to a three year-old at lunch, serve one tablespoon of peanut butter and 1-ounce of cheese to meet the meat/meat alternative requirement.

### **Combination Dishes:**

Dishes that contain foods from more than one food group are combination dishes. It is recommended that combination dishes be credited for only one or two meal pattern components. This is to ensure that children do not go hungry when a dish is disliked. For example, if lasagna were to contribute toward the meat/meat alternate, the fruit/vegetable and the grains/breads components, and if a child disliked the lasagna, he/she would not receive a sufficient amount of food.

Prepackaged combination dishes are creditable only if (1) the food is CN labeled or (2) a product formulation sheet signed by an official of the manufacturer (not a salesperson) is on file stating the amount of meat/meat alternate, fruit/vegetable, and/or grains/breads in the product.

### Child and Adult Care Food Program Meal Pattern for Children

	Children 1 and 2 yrs	Children 3 thru 5 yrs	Children 6 thru 12 yrs
<b><u>Breakfast</u></b>			
Milk, fluid	½ cup	¾ cup	1 cup
Juice, fruit/veg.	¼ cup	½ cup	½ cup
Bread	½ slice	½ slice	1 slice
Cereal; cold, dry	¼ cup	1/3 cup	¾ cup
Or hot, cooked	¼ cup	¼ cup	½ cup
<b><u>Supplement (Snack)</u></b>			
Select 2 components			
Milk, fluid	½ cup	½ cup	1 cup
Meat or alternate	½ ounce	½ ounce	1 ounce
Grains/Breads:			
Bread:	½ slice	½ slice	1 slice
Cereal: cold, dry	¼ cup	1/3 cup	¾ cup
Hot, cooked	¼ cup	1/4 cup	½ cup
<b><u>Lunch/Dinner</u></b>			
Milk, fluid	½ cup	¾ cup	1 cup
Meat or alternate			
Poultry, fish	1 ounce	1-½ ounces	2 ounces
Cheese	1 ounce	1-½ ounces	2 ounces
Egg	1	1	1
Cooked dry beans/peas			
	¼ cup	3/8 cup	½ cup
Peanut butter	2 T.	3 T.	4 T.
Nuts/Seeds	½ cup	¾ cup	1 cup
Yogurt	¼ cup total	½ cup total	¾ cup total
Vegetable/Fruit (2 or more)	¼ cup total	½ cup total	¾ cup total
Grains/Breads:	½ slice	½ slice	1 slice

**Grains/Breads:**

CACFP regulations require that breakfast, lunch and supper contain a grains/breads serving in the amount specified for each age group served. A grains/breads item may also be served as one of the two components of a snack.

Grains/breads may be credited when the products are whole-grain, bran, germ and/or enriched or made with whole-grain, bran, germ and or enriched meal or flour. If it is a cereal, the product must be whole-grain, bran, germ, enriched, then must meet the Food and Drug Administration's Standards of Identity for Enriched bread, macaroni and noodle products, rice, cornmeal or corn grits. The grains/breads item must contain enriched flour, bran, germ and/or whole-grain as specified on the label or according to the recipe or must be enriched in preparation or processing and labeled "enriched."

The grains/breads item must serve the customary function of bread in a meal. For a lunch or supper, this means that the item must be served as an accompaniment to the main dish (I.e. diner rolls), or as a recognizable integral part of the main dish (I.e. taco shells, pot pie crust or spaghetti).

Grains/breads items have been divided into none groups. The required weight for each group is based on the key nutrients in one slice of bread or an equal amount of whole-grain, bran, germ or enriched flour. Within each group, all bread items have approximately the same nutrient and grain content in each serving. Items with fillings, toppings, etc. require larger serving sizes to meet minimum grain content.

When planning menus, the practicality of the serving size for the age of the child being served should be taken into consideration. Also, it is recommended that no more than two dessert-type items be served as a snack each week.

### **Fruits and Vegetables:**

CACFP regulations require that breakfast contain a serving of vegetable(s) or fruit(s) or full-strength or fruit juice, or an equivalent of any combination of these foods.

Both lunch and dinner must contain two separate servings of vegetables or fruits.

A serving of vegetable or fruit may be credited as one component of the required two components of a snack. Juice may not be credited as one of the components of a snack when milk is served as the only other component.

Cooked dry beans or peas may be counted as a vegetable or as a meat alternate, but not as both in the same meal.

Small amounts (less than 1/8 cup) of vegetables and fruits, used as garnishes, may not be counted toward the vegetable/fruit requirement.

Fruit or vegetable dishes that contain more than one fruit or vegetable, such as fruit cocktail, mixed fruit or mixed vegetables, may be credited toward only one of the two required components for lunch and dinner.

Home canned products are not creditable because of

health and safety reasons. For more information on canned foods, contact your sponsor.

### **Meat and Meat Alternates:**

CACFP regulations require that all lunches and dinners contain a serving of meat or meat alternates as specified in the meal pattern. Meat or meat alternates may also be served as one of the two components of a snack.

Meat includes lean meat, poultry or fish. Meat alternates include cheese, eggs, cooked dry beans or peas, nuts and seeds and their butters (except for acorn, chesnut and coconut), and yogurt. These foods must be served in a main dish, or in a main dish and one other item, to meet this requirement.

The usual serving size of meat or meat alternates for preschool (ages 1-5 years) children ranges from 1 to 1.5 ounces. To be counted toward meeting any part of the meat/meat alternate requirement, a menu item must provide a minimum of  $\frac{1}{4}$  ounce of cooked lean meat or equivalent. The rest of the required serving must be met by adding other meat or meat alternates.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch and dinner or all of the meat/meat alternate requirement for a supplement.

Vegetable protein products may be counted as meeting part of the meat or meat alternate requirements.

**Milk:**

The CACFP meal pattern requires fluid milk to be served for breakfast lunch and dinner. Additionally, fluid milk may be served as one of the meal pattern components for snacks.

To be credited, milk must be pasteurized, and meet state or local standards for fluid milk. Flavored or unflavored whole milk, reduced fat (2%) milk, low-fat (1%) milk, skim (nonfat) milk, or cultured buttermilk may be served. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration.

At breakfast, fluid milk can be served as a beverage, used on cereal, or used in part for each purpose.

If milk is one of the two components served for a snack, it must be fluid milk as a beverage or used on cereal, or used in part for each purpose. Milk may not be credited for snacks when juice is served as the only other component.

Milk may never be credited when cooked in cereals, puddings, or other foods.

**Infant Foods:**

Meals served to children under 12-months of age must follow the infant meal pattern to be credited.

Child care facilities should work closely with parents when deciding what foods to serve infants. Likewise, the decision to introduce solid foods should be made with parents.

Because infants have small appetites and may not be able to eat a complete meal in one sitting, foods

required by the infant meal pattern may be served to infants over a period of time.

### Child Care Infant Meal Pattern

#### Breakfast:

##### Birth - 3 months

4-6 fl. oz. formula  
or breast milk

##### 4-7 Months

4-8 fl. oz. formula  
or breast milk

##### 8-11 Months

6-8 fl. oz. formula  
or breast milk

and

0-3 Tbsp infant cereal    2-4 Tbsp. infant cereal

And

#### Supplement (Snack):

##### Birth-3 Months

4-6 fl. oz. formula  
or breast milk

##### 4-7 Months

4-6 fl. oz. formula  
or breast milk

##### 8-11 Months

2-4 fl. Oz formula,  
breast milk or fruit  
Juice

½ nread or 2 crackers

#### Lunch or Dinner:

##### Birth-3 Months

4-6 fl. oz. formula  
or breast milk

##### 4-7 Months

4-8 fl. Oz. formula  
or breast milk

##### 8-11 Months

6-8 fl. Oz. formula  
or breast milk and

0-3 Tbsp fruit and/or  
Vegetable

1-4 Tbsp fruit and/or  
vegetable and

0-3 Tbsp infant  
Cereal

1-4 tbsp infant cereal  
and/or

1-4 Tbsp meat, fish,  
Poultry, egg tolk,  
cooked dry beans or  
peas; or

½-2 oz. cheese; or

1-4 oz. cottage  
cheese, cheese food,  
or cheese spread

## Food Safety Guide

Illness caused by contaminated or improperly prepared foods cause up to 81 million people to get sick each year, with almost 9,000 of these illnesses leading to death. Children are among the people most at risk for serious illness from food poisoning.

To protect children from germs that cause food poisoning, it is important to practice the following food safety techniques, which include not giving your child undercooked or poorly refrigerated poultry, meat, fish or eggs; washing your hands, utensils and kitchen surfaces after handling uncooked poultry and meat; thoroughly washing fruits and vegetables; not giving children unpasteurized dairy products or fruit juices; avoiding fish and shellfish from noncommercial sources; not serving hamburgers rare; promptly refrigerating leftovers and not leaving foods at room temperature for more than a few hours; defrosting foods in the refrigerator; and keeping your refrigerator set to at least 40 degrees Fahrenheit and your freezer to 0 degrees.

**About food poisoning...**

Almost any food can become contaminated by a virus, bacteria, or parasite and cause food poisoning. Foods can also make you sick if they are contaminated with pesticides or other toxins.

The most common symptoms of food poisoning include vomiting, diarrhea, abdominal cramps, nausea and fever and they begin a short time after eating a contaminated food. In most people symptoms are mild and clear up quickly, but food poisoning can lead to dehydration, kidney failure and even death.

Foods most likely to cause illness include raw or undercooked ground beef (E.coli), pork (bacteria and trichinella worms), chicken (Salmonella), seafood (especially shell fish which can be contaminated with hepatitis A and other viruses and bacteria), and eggs (Salmonella). Fruits and vegetables can also be contaminated with viruses such as hepatitis A and parasites. Unpasteurized milk and fruit juices (especially apple cider) can also be contaminated with bacteria and should be avoided.

**Preventing food poisoning...**

To help prevent children from getting sick from eating contaminated foods, follow these guidelines when buying and preparing meals:

- Keep your refrigerator at or below 41 degrees F and your freezer at 0 degrees.
- When shopping for foods, quickly return home and refrigerate perishable foods and place bags that contain meats, poultry, fish and eggs separately from other foods to avoid contamination.
- Do not buy or use foods without intact packaging.
- Do not buy or use cans that have been dented or that are bulging.

- Consider using a plastic cutting board to prepare foods, since bacteria can become trapped in the grooves of wooden cutting boards.
- Wash your hands for twenty seconds with soap and water before preparing foods, before you begin to prepare a new food and again before you serve the food.
- Avoid cross-contamination of foods by washing utensils, cutting boards, and all kitchen surfaces that come in contact with raw meats and poultry before preparing a new food with them. Also be careful to use a separate plate for cooked foods than the one you used when the food was still raw.
- Rinse fruits and vegetables before serving or eating.
- Thaw and marinate foods in the refrigerator, instead of leaving them out at room temperature.
- Wash dishcloths in hot water after using them to clean up after raw meats and poultry.
- Keep pets away from all areas where you prepare foods.
- Thoroughly cook foods to kill germs and consider using a meat thermometer to ensure proper cooking temperatures. Red meats should be cooked to an interior temperature of 160 degrees F and make sure the inside is brown or gray to make sure it is fully cooked. Hamburgers especially should not be served rare. Poultry should be cooked to an interior temperature of 180 degrees F and until the juices run clear.
- Refrigerate leftovers and do not leave foods out at room temperature for more than two hours.
- Throw away partially eaten foods and beverages.
- Thoroughly reheat leftovers before eating.
- Do not eat raw eggs.
- Do not drink unpasteurized milk or fruit juices (especially apple cider that is not pasteurized or heat treated).
- Do not use foods or beverages that taste, look or

smell unusual.

- If you are unsure if a food is still good, be safe and throw it away.

## CACFP ANNUAL TRAINING SELF-STUDY QUESTIONS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Coordinator: \_\_\_\_\_

Please answer the following questions after studying the **CACFP Annual Training Guide**. After completing and successfully answering the questions, mail in your test to 123 E Powell Blvd Suit #300 Gresham, OR 97030 and a **Certificate of Completion** will be either mailed to your home or delivered by a coordinator during a routine monitoring visit.

1. The goal of the Child and Adult Food Program (CACFP) is to improve the health and nutrition of children.
  - A. True
  - B. False
2. Combination dishes can be credited for either two or three meal pattern components.

- A. True
  - B. False
3. When serving grains/breads, each item must serve the customary function of bread in a meal. For a lunch or dinner, this means that the item must be served as an accompaniment to the main dish, or as a recognizable integral part of the main dish.
- A. True
  - B. False
4. When serving a fruit and/or vegetable, which of the following rules apply? (You may circle more than one answer)
- A. Lunch and Dinner must contain two separate servings of vegetables or fruits.
  - B. Breakfast is the only meal which does not require that a vegetable or fruit be served.
  - C. Cooked dry beans or peas may not be counted as a vegetable.
  - D. Fruit or vegetable dishes that contain more than one fruit or vegetable, may be credited toward only one of the two required components for lunch and dinner.
5. CACFP regulations require that only dinner contain a serving of meat or meat alternates as specified in the meal pattern.
- A. True
  - B. False
6. The CACFP meal pattern requires fluid milk to be served for breakfast, lunch and dinner. Additionally, fluid milk may be served as one of the meal pattern components for snacks.
- A. True
  - B. False

7. Meals served to children under 12 years of age do not need to follow an infant meal pattern.

- A. True
- B. False

8. Food poisoning is a very serious illness resulting in almost 9,000 deaths each year. Which of the following symptoms are the most common indicators of food poisoning? You may circle more than one answer.

- A. Vomiting
- B. Diarrhea
- C. Abdominal cramps
- D. Nausea
- E. Fever
- F. All of the above

9. Which foods are most likely to cause illness? You may circle more than one answer.

- A. Raw or undercooked beef
- B. Pork
- C. Chicken
- D. Seafood
- E. Eggs
- F. Unpasteurized milk
- G. All of the above

10. Food poisoning can be avoided if we all practice safe food handling practices.

- A. True
- B. False